

NAVAL HOSPITAL CAMP LEJEUNE *"We Build Strength Through Caring"*

SCUTTLEBUTT

VOLUME 2 ISSUE 10

OCTOBER 2012



Empowering Sailors Through CSADD Shipmates Helping Shipmates

Members from Naval Hospital Camp Lejeune's chapter of Coalition of Sailors Against Destructive Decisions (CSADD) meet Sept. 24 to discuss producing an educational video about using alcohol responsibly.

U.S. Navy photo by Hospitalman Lauren Robshaw

Chief Petty Officers Pinned

Community Flu Vaccine Events

Sexual Assault Prevention and Response



Master Chief (AW/SW)
Edward Moreno
Command Master Chief

For the last month the commanding officer, executive officer and I have attended several SAPR-L training sessions with command leaders.

The Chief of Naval Personnel announced, July 24, reporting requirements for completion of Sexual Assault Prevention and Response Leadership and Fleet (SAPR-L/F) training. Why is the Navy requiring this training? The SAPR-L/F training provides critical

tools to reduce sexual assault and promote a culture of respect and professionalism throughout the force. Everyone must be motivated to intervene and stop these crimes and inappropriate acts.

We all understand duty! Is it our duty to prevent sexual assault! We all agree this is morally wrong! SAPR-L/F training will help all of us by highlighting the barriers challenging us. Do not assume someone else will come forward. These crimes impact all of us particularly the lives of the victims. Let's all do our part and report sexual assaults and work together to look for ways to prevent sexual assaults from occurring.

We are moving forward with a more compelling message "Hurts one. Affects all." The SAPR Fleet (SAPR-F) training will be deployed in October. This training is expected to be eye opening and sadly will hit home for far too many. We will all step up together!

The SAPR-L/F goal is a climate of confidence. Education and training create an environment in which sexual assault and the attitudes promoting it are not tolerated. Furthermore, victims of sexual assault receive the care and support that they need; and offenders are held accountable for their actions.

Bystander intervention techniques:

If we are going to help someone who may be targeted for a sexual assault or help others from becoming offenders of sexual assault, having some nonviolent strategies as part of an intervention makes taking action easier.

DIVERSION: Creating a diversion or distraction to remove someone from a risky situation. While one person can do this, sometimes it is good to have back up. **SEPARATION:** If you know both parties well, sometimes you can take a more direct approach. Step in and separate the two people. Let them know your concerns and reasons for intervening. Be a friend and let them know you are acting in their best interest. Make sure each person makes it home safely. **GROUP APPROACHES:**

Let a few other friends know what's going on. See if you can alert friends of each person to come in and help. If a person acts badly, try a different approach. **CALL FOR HELP:** Sometimes the situation might be so touchy that you need professional reinforcements. Contact the manager of the facility or call the police. Voice your concerns clearly and directly. Monitor the situation until additional help arrives.

Remember, sexual assault "Hurts one. Affects all." This not only conveys that sexual assault affects the victim, it affects bystanders.

Additional information on SAPR-L training efforts can be found at the SAPR L/F training web pages, including command registration for SAPR-L training and detailed FLTTPS reporting information, at www.sapr.navy.mil.

I would like to thank the command leadership for their participation and open communication during our first phase of training. Special BZ to Lt. Cmdr. Lorrie Meyer and Staff Education and Training (SEAT) team for coordinating this very important training.

Thank you for all you do!

CMC out!



Join the Conversation!
www.facebook.com/nhclejeune

scut-tle-butt

n.

1. Slang for spoken communication; through the grapevine

2. Nautical

a. A drinking fountain on a ship; gathering place

b. A forum for NHCL staff and beneficiaries to get 'insider info'

Commanding Officer, NHCL

Capt. David A. Lane

Editor-In-Chief

Raymond Applewhite

Managing & Layout Editor

Anna Hancock

Graphic Designer

Kelly Pursel

Contributing Writers

Lt. Cmdr. Timothy Drill
Hospitalman Dillon Winstead



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New CPOs Onboard



U.S. Navy photo by Hospitalman Matthew Heefner

Naval Hospital Camp Lejeune had nine first class petty officers in the group of sailors who were promoted to chief petty officer during the pinning ceremony held Sept. 14 at the Camp Lejeune base theater.

This symbolic ceremony signifies a Navy sailor's career achievement to Navy chief, a rate that's unique to the Navy, and based on mentorship, leadership, honor, courage and commitment.

Congratulations to the following Navy chief petty officers: Jennifer Avila, James Fisher, Jeremiah Johnson, Jason Houchins, Raymond Kunze, Scott Lovvorn, Richard Neilson, Thomas Peterson, and Christopher Holzworth. For more photos of the ceremony, visit the command Facebook page at www.facebook.com/nhclejeune.

Doc Keeps the Watch

By Regina Edwards
Mental Health Department



Dr. George "Bill" Ayers
Licensed Clinical Social Worker
NHCL Red Cross volunteer

I was munching contently on some seafood dip at an O-Club reception over two years ago, when my husband introduced me to Dr. George "Bill" Ayers. (The O-Club has really good seafood dip!) With a stuffed mouth I managed to croak out greeting. Later in the conversation about Naval Hospital Camp Lejeune's Central Intake and Referral Center (CIRC- now renamed Mental Health Virginia Dare Clinic), I was to discover that he was a Licensed Clinical Social Worker like me now volunteering at the clinic.

A military mental health clinic takes volunteers? This was news to me. Little did I know that our paths would cross again. When I began working at NHCL, I bumped into Dr. Ayers – who is now my trusted colleague.

When I asked the good doctor for his vitae in order to write this piece featuring him, he sent an email to me with his very extensive and very impressive vitae.

"I am a social worker who happened to be a Marine," he told me.

In addition to his military career, Dr. Ayers received his B.S. in social science from the Richmond Professional Institute of the College of William and Mary then a M.S. in social work from the Virginia Commonwealth University in 1968. He earned his Ph.D. from Tulane University in 1972.

Dr. Ayers enlisted in the U.S. Marine Corps Reserves in November 1957, and was discharged as a Corporal and commissioned as a 2nd Lt in the U.S. Marine Corps Reserve on June 1961. He was released from active duty on May 1964 and immediately transferred to the Selected Marine Corps Reserve. He continued as a drilling reservist for the next 26 and a half years, returning to active duty for Desert Storm. He deployed to Saudi Arabia where he implemented a post traumatic stress disorder mitigation program. He retired in 2001.

Dr. Ayers garnished many military awards including the Legion of Merit, Meritorious Service Medal, Navy Commendation Medal, and Armed Forces Expeditionary Mental for Vietnam service, as well as civilian awards including the Order of the Palmetto by the Governor of South Carolina. He authored one book, "The Parting Glass" with Tom Kearney, 18 articles, 33 papers, participated in 49 workshops and three other publications. He is and has been an author, psychiatric social worker, professor, consultant, commanding officer, and supervisor, and of course, volunteer.

Dr. Ayers practices based on a belief that anyone can be assisted with overcoming challenges. The issue becomes assisting patients with identifying the most effective way to initiate an action plan, then working with patients to carry it out. One challenge he has faced in his career is educating non-social workers (both professional and lay people) about what social workers do.

Why a volunteer? Dr. Ayers decided four years ago that volunteering with NHCL was an opportunity to continue practicing with none of the issues associated with a normal practice. He thoroughly enjoys working with young Marines and is thankful to have this excellent opportunity.

Dr. Bill Ayers kept the watch on active duty and as a civilian, in foreign lands and in garrison. Continuing to find patients' strengths, he assists them individually. He also generously helps young social workers overcome certain challenges. He is a testament to what social workers can accomplish, and I stand in awe!

Empowering Sailors

By Anna Hancock
Deputy Public Affairs Officer

Shipmates helping shipmates is inherent to the culture of the Navy. Particularly in Navy Medicine, where caring for brothers and sisters in arms is not only our choice, it is our business.

Late summer, a group of Naval Hospital Camp Lejeune sailors joined together to reinforce this message by organizing a chapter of the Coalition of Sailors Against Destructive Decisions (CSADD).

CSADD is a Navy-wide program used to promote command unity, leadership and mission readiness. It was created to supplement the Navy's formal resources, and is uniquely designed to give sailors an opportunity to help each other through peer to peer interaction. It is led by and targets junior sailors ages 18 to 25. Oversight and mentoring for NHCL's chapter is provided by a second class petty officer and Navy chief who regularly reports to the command master chief. Membership is voluntary.

"CSADD is about empowering sailors and conveying to them that we trust them and have confidence in them," noted Master Chief (AW/SW) Edward Moreno, NHCL command master chief.

The group meets weekly to discuss topics set annually by a Navy Administrative Order, and any others that are brought to

light by group members. Topics range from motorcycle safety, to off-duty recreation safety, to alcohol awareness and domestic violence.

"Our command is not unique in dealing with these potential issues," explained Chief Hospital Corpsman Richard Marquis, CSADD sponsor. "We are raising awareness and having everyone come together because these are accidents, issues or problems we can prevent."

Hospital Corpsman 2nd Class Joseph Williams and co-founder of the Camp Lejeune CSADD chapter added, "When you're just out of corps school and come to your first command, that's when you choose your path. Someone may be spot on. Someone else may be close to making one decision that will screw up their career. We can help each other and our careers... Why wouldn't you want to be part of this?"

At the weekly meetings, the group decides an action plan to train, educate and creatively reach their peers through a manner that will resonate with them.

The group collectively agrees that positive peer pressure does exist.

"Last month we created a video to raise awareness about new age drugs including Spice," said Williams. "Our sailors wrote the script, featured sailors, and put it together. We are sharing it with each other so we can all become aware of the dangers and signs of drug use and ultimately encourage sailors to choose not to use them."

Since the chapter's inception, the sailors created a network to let others know a support system for help exists when they need it. They plan to produce themed-videos, network on social media, host training events, and be present at command functions to educate and recruit hospital sailors.

At the Junior Enlisted Association's movie night event, the group manned an informational table and passed out water bottles with the groups insignia on the label. The goal was to show younger sailors they can have fun without drinking alcohol.



Distracted Driving



Risk Management



Drinking and Driving



Vehicle Safety

Through CSADD

“The committee also reached out to Marine battalions – 2nd Dental and Medical Logistics – to help them get chapters started as well,” said Marquis. “We have to be role models, especially since we advocate being healthy, staying fit and are taking care of Marines, sailors and families.”

Williams continued to explain how anyone experiencing issues with alcohol or in other areas on or off duty can come to the weekly meeting to talk about what’s going on. The intent is to provide a forum for sailors to find out about the command’s formal resources. Equally as important, for sailors to see there are many sailors who are willing to support them before the issue becomes a problem.

“Sometimes people make unhealthy decisions because they don’t know a better way to cope with things like stress or problems at home,” said Williams. “Sometimes all people need is to see that people care. That may be all it takes to promote more positive choices.”

For a naval hospital that supports the largest Marine Corps Base on the East coast, the volume of patients treated in NHCL’s departments and clinics are higher than many military treatment facilities. Junior sailors make up a crucial part of the health care team in providing quality care and ensuring patient safety. Leading sailors and faithfully executing the Navy ethos of honor, courage and commitment can mean life or death for hospital patients.

“Our next sets of leaders are coming up in ranks now,” Williams said. “We want to instill better decision making in younger sailors from the start – build a better foundation of leadership. Ensure that we all come to work with a sound mind, ready to care for our patients and our shipmates to the best of our ability.”

For information about CSADD or to learn how you can join, email the CSADD Advocate Hospitalman Jaleesa Robinson at jaleesa.robinson@med.navy.mil.



U.S. Navy photo by Hospitalman Lauren Robshaw

Members of Naval Hospital Camp Lejeune’s chapter of the Coalition of Sailors Against Destructive Decisions (CSADD) pose for a photo in the quarterdeck Aug. 24. Pictured front: Hospital Corpsman 3rd Class Kara Nicoli, Hospitalman Andrew Terry, Religious Specialist Apprentice Kyle Ziton, Hospitalman Nathaniel Tate, Hospitalman Recruit Stephen Brown, Hospitalman Jaleesa Robinson, Hospitalman Gema Alvarez, Hospital Corpsman 3rd Class Joseph Williams, (pictured back) Chief Hospital Corpsman Richard Marquis, Hospital Corpsman 2nd Class Jacob Shepard, Hospitalman Luther Robinson, and Hospital Corpsman 3rd Class Averell Seyler.

Members not shown include: Hospital Corpsman 3rd Class Logan Baumgarn, Hospitalman Kalyn Bedel, Hospital Corpsman 1st Class Leonard Benitez, Hospital Corpsman 3rd Class Jamie Brand, Hospitalman Holly Carrol, Hospitalman Joshua Chahine, Hospitalman Aaron Cleary, Hospitalman Michael Ellis, Hospitalman Mallory Fischer, Hospitalman Edward Green, Hospital Corpsman 3rd Class Nate Hamilton, Hospitalman Tommy Johnson, Hospitalman Cameron McGuffin, Hospitalman Rudy Meza, Hospitalman Caleb Poole, Hospital Corpsman 3rd Class Leonard Perrier, Hospital Corpsman 3rd Class Elizabeth Ritchie, Hospitalman Grady Seibert, Hospitalman Timothy Sumner, Hospital Corpsman 3rd Class Matthew Swanson,



Recreational Safety



Stop and Think



Health Wellness



Firearms

HOSPITAL ROUNDS

Remembering Sept. 11, 2001



U.S. Navy photo by Hospitalman Matthew Heefner

Sailors from Naval Hospital Camp Lejeune's color guard salute the flag at half mast during a special morning colors ceremony on Sept. 11. NHCL staff gathered to reflect on the change and unity brought by the Sept. 11, 2001 terrorist attacks in a remembrance ceremony lead by Command Master Chief (AW/SW) Edward Moreno and Command Chaplain Cmdr. Steven Dundas.

17th Annual Onslow County Veterans Day Parade

Show your support for NHCL's sailors and America's veterans!

Mark your calendars **Nov. 3, at 10:00 a.m.**

The parade starts at Coastal Carolina Community College and will proceed down Western Blvd., towards Highway 24.

See you there!

October is

Breast Cancer Awareness Month

**Cervical Health
Clinical Breast Exam Week**

October 15 – 18

8:00 a.m. – 11:20 a.m.

1:00 p.m. – 3:20 p.m.

October 19

8:00 a.m. – 10:40 a.m.

Mammogram Screening Event

October 15 – 19

8:00 a.m. – 11:30 a.m.

1:00 p.m. – 5:30 p.m.

Clinics are available to TRICARE Prime beneficiaries assigned to NHCL. Visit the command Facebook page at www.facebook.com/nhclejeune for details.

From Sports Med to Roentgenology Medical Library Available for Staff

By Hospitalman Dillon Winstead
Internal Medicine Department



U.S. Navy photo by Hospitalman Dillon Winstead

Naval Hospital Camp Lejeune's Medical Librarian JoAnn Hall poses for a picture in front of the print resources available for staff members in the medical library Sept. 26. The medical library contains more than 500 books, journals and several electronic databases for staff members to conduct medical research and it can be accessed anytime.

October is National Medical Librarians Month. Did you know Naval Hospital Camp Lejeune has a medical library available as a resource for staff members, and a medical librarian on hand for assistance?

"Providers and staff members can use the library to find out what the most recent protocols for treatment are," said JoAnn Hall, NHCL's medical librarian. "Or if they have a case that is unusual or more rare, they can research what other people have done or find successful ways in which they treated patients with similar cases."

The library has over 500 books, including surgical journals ranging from foot surgery and surgical pathology to medical journals on roentgenology and sports medicine. There is also a wide variety of encyclopedias, books and electronic databases with full texts for journal articles and textbooks.

Navy Medicine offers Athens accounts for staff members to access all the electronic databases and resources with a single login. Once the account is established, these resources can be accessed from any location in garrison or abroad.

"The biggest key is looking for reliable, accurate and authoritative information," said Hall. "We have credible information on hand for staff to review."

For those tasked with departmental in-services, the medical librarian can provide assistance with completing these tasks by providing literature searches and article retrievals.

"Medicine is an art and a science. It changes all the time, and it can be hard for anyone to keep up," said Hall. "Having access to resources anytime makes it easier to stay current."

The naval hospital medical library is readily available for all staff members and its doors are always open.

The medical library is located on the third floor next to the APU. Contact JoAnn Hall, NHCL's medical librarian at 450-4076 for more information.

Kicking off CFC, Supporting Each Other Through Charity



Naval Hospital Camp Lejeune staff members kicked off the annual Combined Federal Campaign (CFC) late Sept. This command's 2012 goal is 100% contact and \$65,000 in financial contributions. The campaign will continue through Dec. 2012. Each year, the federal government encourages employees to donate to reputable charities to promote and support philanthropy through a program that is employee focused, cost efficient, and effective in providing all federal employees the opportunity to improve the quality of life for all.

The CFC is the world's largest and most successful annual workplace charity campaign. To request a CFC charity list and/or a pledge form, contact your department's contact representative or Lt. Brandon McLamb at 450-3736.

For more information on events and programs that support the annual CFC, visit the intranet page or the command Facebook page at www.facebook.com/nhclejeune.

Combating the Flu - Vaccines Available Around Community

By Anna Hancock
Deputy Public Affairs Officer

Naval Hospital Camp Lejeune's (NHCL) 2012 – 2013 Seasonal Influenza (flu) Vaccination Campaign kicked off Sept. 14, with the goal of achieving 100 percent Navy and Marine Corps force readiness aboard the largest Marine Corps base on the East Coast, Marine Corps Base Camp Lejeune, N.C.

Navy Capt. David A. Lane, commanding officer, NHCL, and Marine Corps Brig. Gen. Thomas A. Gorry, commanding general, Marine Corps Installations East, led the way by receiving their flu vaccinations, and setting an example for the Marines and sailors aboard the base.

The Navy and Marine Corps set aggressive 2012 – 2013 influenza campaign vaccination and reporting goals. All Marines and sailors are required to receive the vaccination, unless medically or administratively exempt. At least 90 percent of those on active duty and reserve status should be vaccinated before December of this year.

"We have more than 50,000 Marines and sailors that we intend to reach before December," stated NHCL's Director of Public Health Glenee Smith. "Initially, we made the vaccine available to military who are ordered to deploy and civilian personnel, and health care workers in direct patient care."

Since the beginning of September, the public health directorate has been distributing the vaccinations throughout the hospital's branch clinics and Marine unit regimental and battalion aid stations in order to reach the base active duty population.

"We also have sufficient vaccine to offer 100 percent accessibility to Navy and Marine Corps family members, TRICARE beneficiaries, and DoD civilians," noted Smith. "To reach Navy's 100 percent accessibility goal, we planned a carefully coordinated vaccination campaign around the community."

Throughout the remainder of the year, family members and beneficiaries will be able to receive the vaccination mists and shots at venues including the, the Marine Corps Exchange, several DoD schools, retiree events, and naval hospital clinics.

According to NAVADMIN 246/12 and MARADMIN 262/12, the flu results in over 25 million reported cases, 150,000 hospitalizations for serious complications, and approximately 24,000 deaths each year in the United States. It is highly contagious, and can easily be prevented by vaccination and education. For Marines and sailors, it also has the potential to adversely impact force readiness and mission execution.

"When we get vaccinated, we're not only protecting ourselves from the virus, we're ensuring we're protecting each other and our community," said Smith. "Individuals can contract the flu at any time, and for every flu-related death, the flu sickens three times as many people. It is our responsibility to get vaccinated, stay healthy, and maintain medical readiness."



U.S. Navy photo by Anna Hancock

Naval Hospital Camp Lejeune Hospitalman Recruit Raul Enriquez, preventive medicine corpsman administers the flu mist to Hospitalman Sean Wright, corpsman with the family medicine clinic at the NHCL staff influenza vaccine event Sept. 12, in classroom D.

Upcoming Vaccination Events

Oct. 1 Main Exchange Mall 9:00 a.m. – 5:00 p.m.

Oct. 2 Main Exchange Mall 2:00 p.m. – 8:00 p.m.

Oct. 3 Bitz Intermediate School 2:00 p.m. – 6:00 p.m.

Oct. 4 – 5 Main Exchange Mall 9:00 a.m. – 5:00 p.m.

Oct. 9 Brewster Middle School 2:00p.m. – 6:00 p.m.

Oct. 10 Johnson Primary School 2:00 p.m. – 6:00 p.m.

Oct. 11 – 12 Main Exchange Mall 2:00 p.m. – 8:00 p.m.

Oct. 13 Main Exchange Mall 9:00 p.m. – 3:00 p.m.

Oct. 16 Lejeune High School 2:00 p.m. – 6:00 p.m.

Oct. 17 Heroes Elementary School 2:00 p.m. – 6:00 p.m.

Oct. 24 Delalio Elementary School 2:00 p.m. – 6:00 p.m.

Nov. 7 Tarawa Terrace Elementary School 2:00 p.m. – 6:00 p.m.

Influenza vaccine shots or mists are available anytime for beneficiaries on a walk-in basis through NHCL's Immunizations Clinic. For more information about upcoming vaccination events, call **451-9712**.